

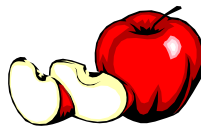
Aura's Nutrition Tips

CDHD – April 2006

- Making your own baby food can be easy and is less expensive than store bought. Try making a batch and freezing it in appropriate portions for use at a later time. To freeze pour into ice cube trays, once frozen portion into Ziploc bags to use later. Make sure to date and name what you have made. Also, it is important make sure you use it within 1-2 of months to insure it is still safe.



- Adding peanut butter to snack time is a great way to incorporate more protein into your and your child's food intake. *Example: spread peanut butter on apple slices, celery sticks, or crackers.*



- Try replacing some of the fat in your baking with applesauce. This adds a serving of fruit and cuts back on the amount of fat you are consuming. Applesauce is frequently substituted for fat on a 1:1 basis, in other words, use 1/4 cup of applesauce in place of 1/4 cup oil or other fat. It works very well for quick breads and some cakes.



- To make water more interesting for your toddler let them choose what kind of fruit or vegetable she would like to add to her glass to give it a little more zing! *Example: lemon, orange or lime slice, cucumber slices, or an apple slice.*

